



District Wellness Policy and Gold Medal Schools Requirements

Wellness Policies	Gold Medal Schools
I. <i>School Health Councils</i> : The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.	<u>Criteria Menu #12</u> : Establish a School Health Council that discusses ways to meet Gold Medal Schools criteria at each meeting. (The Council must be on the school not district level to qualify for Gold Medal Schools)
II. <i>Nutritional Quality of Foods and Beverages Sold and Served on Campus: Breakfast</i> <ul style="list-style-type: none"> Schools will, to the extent possible, operate the School Breakfast Program 	<u>Criteria Menu #15</u> : Write a policy that requires both lunch and breakfast programs.
II. <i>Nutritional Quality of Foods and Beverages Sold and Served on Campus: Meal Times and Scheduling</i> <ul style="list-style-type: none"> Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch Should schedule meal periods at appropriate time (lunch between 11am and 1 pm) 	<u>Gold #3D</u> : Write a policy that requires lunch to be at least twenty minutes long from the time students are seated and held between 11am and 1pm. <u>Platinum #5B</u> : Write a policy that requires lunch to be at least twenty minutes long from the time students are seated and held between 11am and 1pm.
II. <i>Nutritional Quality of Foods and Beverages Sold and Serviced on Campus: School Food Service Staff</i> <ul style="list-style-type: none"> As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. 	<u>Gold #3E</u> : Write a policy that requires food service staff to have appropriate pre-service training and regular participation in professional development activities. <u>Criteria Menu #7</u> : Utilize the Utah State Office of Education's Child Nutrition Program, Cafeteria Connections, to market and promote the link between the cafeteria and the classroom.
II. <i>Nutritional Quality of Foods and</i>	<u>Gold #3A</u> :

<p><i>Beverages Sold and Serviced on Campus: Elementary Schools</i></p> <ul style="list-style-type: none"> ▪ If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. 	<p>Write a policy that requires healthy food and beverage choices to be available whenever food is available outside of school meal services.</p> <p><u>Platinum #2:</u> Write a policy that requires healthy food and beverage choices to be available whenever food is available outside of school meal services.</p>
<p><i>II. Nutritional Quality of Foods and Beverages Sold and Serviced on Campus: Fundraising Activities</i></p> <ul style="list-style-type: none"> ▪ School fundraising activities will not involve food or will use only foods that meet the nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. 	<p><u>Gold #3G:</u> Encourage organizations to raise funds by selling non-food items.</p> <p><u>Criteria Menu #2:</u> Participate in the American Heart Association's physical activity and community service programs, Jump Rope for Heart or Hoops for Heart.</p> <p><u>Criteria Menu #4:</u> Participate in the American Diabetes Association's School Walk for Diabetes.</p>
<p><i>II. Nutritional Quality of Foods and Beverages Sold and Services on Campus: Rewards</i></p> <ul style="list-style-type: none"> ▪ Schools will not use foods or beverages as rewards for academic performance or good behavior 	<p><u>Gold #2:</u> Write a policy for all teachers and staff that food is not to be used as a reward or punishment for students, and include methods to ensure faculty awareness of and compliance with the policy.</p>
<p><i>III. Nutrition and Physical Activity Promotion and Food Marketing: Integrating Physical Activity into the Classroom Setting</i></p> <ul style="list-style-type: none"> ▪ Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate 	<p>Gold Medal School 5 minute energizers</p>
<p><i>III. Nutrition and Physical Activity Promotion and Food Marketing: Food Marketing in Schools</i></p> <ul style="list-style-type: none"> ▪ School based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited 	<p><u>Gold #3E:</u> Write a policy that bans advertising of less nutritious food choices and promotes healthy food choices.</p>
<p><i>III. Nutrition and Physical Activity Promotion and Food Marketing: Staff Wellness</i></p> <ul style="list-style-type: none"> ▪ School District highly values the 	<p><u>Silver #2:</u> Write a policy for faculty and staff wellness activities, and include methods to ensure faculty awareness of these activities.</p>

health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.	<u>Platinum #3:</u> Plan and carry out a faculty/staff wellness program that lasts all year long.
<p>IV. <i>Physical Activity Opportunities and Physical Education: <u>Daily Physical Education</u></i></p> <ul style="list-style-type: none"> ▪ All students will receive daily physical education (or its equivalent of 150 minutes/week for elementary aged students) for the entire school year. ▪ All physical education will be taught by a certified physical education teacher 	<p><u>Bronze #1:</u> Write a policy requiring 90 minutes of structured physical activity each week using the Utah State Office of Education's physical education core curriculum; include methods to ensure faculty awareness of the policy.</p> <p><u>Gold #1:</u> Write a policy that requires all pre K-12 physical education and physical activity courses to be overseen by a certified Physical Education (PE) teacher or PE specialists employed by the district.</p>
<p>IV. <i>Physical Activity Opportunities and Physical Education: <u>Daily Recess</u></i></p> <ul style="list-style-type: none"> ▪ Schools should encourage moderate to vigorous physical activity during a 20-minute recess. 	<p><u>Bronze #3:</u> Establish a Gold Medal Mile walking program on or around school grounds and a goal for student participation.</p>
<p>IV. <i>Physical Activity Opportunities and Physical Education: <u>Physical Activity Opportunities Before and After School</u></i></p> <ul style="list-style-type: none"> ▪ All schools will offer extracurricular physical activity programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students. 	<p><u>Silver #3:</u> Offer a variety of competitive and non-competitive physical activity programs accessible to all students</p>
<p>IV. Physical Activity Opportunities and Physical Education: Physical Activity and Punishment</p> <ul style="list-style-type: none"> ▪ Teachers and other school and community personnel will not use physical activity or withholding opportunities for physical activity as punishments 	<p><u>Criteria Menu #13:</u> Write a policy that discourages withholding PE or recess as a punishment; include methods to ensure faculty awareness of the policy.</p>
<p>IV. <i>Physical Activity Opportunities and Physical Education: <u>Safe Routes to School</u></i></p> <ul style="list-style-type: none"> ▪ The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school 	<p><u>Bronze #4:</u> Write a policy that promotes Safe Routes to School by requiring the development and distribution of a child access routing plan.</p>

<p><i>IV. Physical Activity Opportunities and Physical Education: <u>Use of School Facilities Outside of School Hours</u></i></p> <ul style="list-style-type: none"> ▪ School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. 	<p><u>Criteria Menu #11:</u> Allow students and community members to use the physical activity facilities outside school hours.</p>
<p><i>V. Monitoring and Policy Review: <u>Policy Review</u></i></p> <ul style="list-style-type: none"> ▪ Each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. 	<p>Gold Medal School Baseline Assessment</p>